



Congressional Sleep Health Caucus:

Become a Founding Member

The AASM established a Congressional Sleep Health Caucus to emphasize the necessity of healthy sleep for optimal health and to help us promote high quality, patient-centered care for the millions of Americans who have a sleep disorder.

We invite you to be a founding member.

The caucus will seek to improve sleep health by highlighting the:

- ✓ Importance of healthy sleep for health, well-being, productivity and public safety
- ✓ Prevalence of sleep disorders such as obstructive sleep apnea
- ✓ Effectiveness of treatments such as positive airway pressure (PAP) therapy
- ✓ Availability of expertise from the sleep team at accredited sleep facilities
- ✓ Discoveries generated by sleep and circadian research

The promotion of healthy sleep is a vital public health priority in the U.S. The Congressional Sleep Health Caucus will help promote healthy sleep among all Americans, including:

- ❖ **Women**, who have a higher risk for insomnia and commonly report sleep disturbances during pregnancy;
- ❖ **Men**, who have the highest risk of obstructive sleep apnea;
- ❖ **African-Americans and Latinos**, in whom insufficient sleep and untreated sleep disorders contribute to health disparities;
- ❖ **Veterans**, who experience sleep disturbances as core symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, and traumatic brain injury;
- ❖ **Older adults**, in whom insufficient sleep or poor sleep may contribute to the development of Alzheimer's disease;
- ❖ **Teens**, who have the highest rate of insufficient sleep on weeknights; and
- ❖ **Children**, who require sufficient sleep for healthy growth and development.

Established in 1975, the AASM is the premier professional society representing the sleep medicine specialty with a combined membership of 10,000 accredited member sleep facilities and individual members, including physicians, scientists and other health care professionals.

Help us promote optimal health through better sleep by becoming a founding member of the Congressional Sleep Health Caucus. Contact AASM Advocacy Program Manager Eric Albrecht at ealbrecht@aasm.org or 630-737-9700.